

## COBrownGravy10

Number of Servings: 10 (61.42 g per serving)

Amount	Measure	Ingredient
1 1/2	oz	Margarine, 80% fat, unsalted, stick
1/2	tsp	Spice, onion, pwd
1/4	tsp	Spice, pepper, black
1/2	tsp	Herb, marjoram, leaves, ground
1/4	tsp	Herb, thyme, ground
9 1/2	Tbs	Flour, all purpose, white, bleached, enrich
2 1/2	cup	Broth, beef, clear, rducd sodium, rts, cnd

### Nutrients per serving

Nutrition Facts	
Serving Size (61g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

#### Cooking :

- Cook to an internal temperature of 212F for 1-2 minutes until thickened

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Melt margarine. Stir in spices and flour. Cook, stirring occasionally, until mixture is lightly browned. Gradually stir in broth.

Cook stirring constantly until thickened.

Serve 2 oz (1/4 cup) per serving

1 serving = 0 CS unless more than 1/4 cup is served.